

Yorkville Christian School ATHLETICS HANDBOOK

2026-27



INTRODUCTION

The Yorkville Christian School (YCS) Athletics Handbook is a reference guide for coaches, student-athletes, and parents, concerning the policies that govern interscholastic athletics at YCS.

The coach of a team reports to the Athletics Director and is primarily responsible for the compliance by his/her team members to the rules, regulations, and policies governing athletics at YCS. The Athletics Director will administer these rules and regulations as they relate to inter-team and inter-coach relationships.

Sound reasoning, good judgment, and adherence to the school's core values will be the standard by which situations outside these stated rules and regulations are determined and evaluated.

Interscholastic athletics is a voluntary program. Students are not obligated to participate, and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established for the high school athletics program. This privilege may be revoked if the athlete fails or refuses to comply with the rules. It should be carefully noted that the policies and procedures detailed in this handbook reflect official action by the YCS Administration.

Thank you for your participation in our athletics program. May God bless you as you use your God-given athletic abilities and desire to serve Him in this integral part of school life!

Athletics Department Mission Statement

The mission of the YCS Athletics Department is to glorify God through the pursuit of excellence in athletics.

Athletics Department Pillars of Success

Christ
Character
Confidence
Dedication
Discipline
Excellence
Hard Work
Knowledge
Responsibility

Our Athletes

YCS athletes should be **dedicated** in their pursuit of **excellence**. Each athlete should demonstrate **hard work** in their preparation, exhibit personal **discipline**, seek **knowledge** of their sport, display **confidence**, maintain strong **character**, and remain humble regardless of the score, opponent, time, referee, or situation. The ultimate and final **responsibility** rests upon the shoulders of the student athlete, for it is the student athlete who is accountable to his/her parents, coach, and to **Christ**.

Our Programs

We believe each individual sport at YCS should be developed into a program. The head varsity coach shall be responsible to provide a consistent structure and ensure that similar philosophies are implemented at all levels of the program. The program should build pride among the participants and support among the student body. Parents should be valued as partners in this process of athletics education. Off-season conditioning, camps, weight training, etc, should be promoted for serious athletes. College bound athletes and their parents should receive sound counsel on their potential. All activities within an individual sports program should exemplify the school's commitment to a Christ-like witness, and reflect the athletics department's policies, procedures, and philosophy.

Our Coaches

The coach is the role model for the student athlete. Coaches at YCS are the most significant components of the athletics program. They are both teachers and active participants at the same time. They have the responsibility to model Christ-like behaviors and attitudes at all times. In order to be an effective coach and role model, YCS coaches must also be thoroughly knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, be able to make adjustments during competition, and work effectively under the authority of the Athletics Director and school administration. Our coaches take seriously the opportunity they have to mold young lives for Christ.

Our Parents

Parents of student athletes have a responsibility to both their child and to the team. Without strong parental support the student athlete will not be able to achieve his/her greatest potential and/or the team may suffer. It is important that parents provide positive reinforcement and understand their role as being part of the team. Parents, as well as players, should be supportive and encourage coaches and teammates at all times. Parents are not coaches and learning to trust coaches is a key step to learning the value of the life lesson experiences athletics provides. It is also important that parents honor the Lord when attending athletics events. In order for YCS's athletics program to be successful, coaches, student athletes, and parents must make a firm commitment to glorify God at all times.

Our Athletics Department

The YCS Athletics Department is committed to:

- Preparation of student athletes, for both competition and life, with Christ as our model
- Discipleship of our coaches and student athletes
- Pursuit of excellence
- Community outreach
- Stewardship of our resources
- Upholding the mission of Yorkville Christian School

ELIGIBILITY AND PREREQUISITES

Eligibility for Interscholastic Participation

All student athletes at YCS must be exemplary members of the student body. Therefore, minimum standards of academic achievement have been adopted in order for student athletes to establish and maintain eligibility.

1. *Academics* – YCS academic standards are high. These standards acknowledge that academic achievement takes precedence over athletics participation. It is our desire that the coach, teacher, and student-athlete work together to ensure that each participant is focused on maintaining his/her grades at appropriate levels. These standards, as well as specific eligibility/ineligibility information, are as follows:
 - a. All student athletes must be enrolled in, and receive grades at the semester, in a minimum of three classes at YCS (one of which is a Bible class).
 - b. Each student athlete will be assigned a letter grade (see YCS Student and Family Handbook) as an evaluation for each class taken. Additionally, online classes must be approved to meet IHSA/NCAA regulations and a grade must be recorded for the class.
 - c. Each student athlete is assumed to be eligible for athletics participation until a declaration of ineligibility is made by the Principal or the Athletics Director.
 - d. If a student has one failing class (below 60%), the student-athlete will have two weeks to get the grade back to passing.
 - e. If a student has two failing classes (below 60%), the student-athlete will be ineligible and unable to participate for a minimum of one week. Student academic eligibility is determined each Monday during the school year.
 - f. In the event a student athlete has met all academic standards but drops significantly in academic performance during a time period when he/she is in no immediate danger of being declared ineligible, the coach has the authority to institute measures of accountability to help the student athlete get back on track.

2. *Conduct* – Each student athlete is expected to conduct his/her life in

accordance with the standards and principles set forth in God's Word. This includes adhering to all appropriate YCS standards of student conduct both in and out of school. Violations could affect participation in athletics activities.

3. Participating on a Team if Ineligible – A student athlete who is ineligible for athletics participation at the time the season begins, will not be allowed to participate. However, when building team rosters, coaching staff will consider the potential adverse effect on team performance and team accomplishment that may occur if that student athlete does not regain eligibility status at the time of the progress report update and misses some interscholastic competition as a result.

4. Remaining on a Team After Being Declared Ineligible – In the event a student athlete becomes ineligible after they are already a team member, either before or after the season has started, he/she will remain on the team but be ineligible for the prescribed period of time.

5. Practicing with the Team if Ineligible – Generally speaking, ineligible student athletes should be spending time correcting situations that rendered them ineligible. Therefore, ineligible student athletes may not accompany their team to interscholastic contests. Ineligible student athletes may not practice with the team on a regular basis. There are times, however, when coaches need these student athletes at practice for the sake of team continuity. The discretion of the coach, with the concurrence of the Athletics Director, will dictate the necessity and frequency of the attendance of an ineligible student athlete at practice. At no time will an ineligible student athlete be permitted to miss school to practice or accompany his/her team on an athletics trip.

6. Suspension from School – Any suspension, whether in-school or out-of-school, will render a student athlete ineligible to attend practice or any interscholastic contest for at least the duration of the suspension. Further disciplinary action could be taken by the Principal, Coach and/or the Athletics Director.

Participation Fees

Participation Fees are essential to help fund the cost of interscholastic athletics, transportation to athletics events, game officials, tournament entry fees, and supplementary equipment and supplies. Participation Fees are based on program costs and do not guarantee playing time on a team. This fee is not assessed if an athlete is not a member of the team. All of the conditions of being a team member apply as if the fee did not exist. Playing time is based solely on

the coaches' discretion and assessment of a student's athletic ability and game situations. Please check with the Athletics Director for current fees by sport.

Physician's Physical Form & Parental Consent

1. For a student to be allowed to participate on any team he/she must have an IHSA Physical Form on file in the Athletics office. The IHSA requires that physicals be dated between May 1 and the first practice of each year. These forms are available in the Athletics office or can be found at www.ihsa.org.
2. For a student to be allowed to participate on any team, he/she must have on file the Online Student/Parent Consent Form – Warning and Assumption of Physical Risk and Waiver of Liability signed by his/her parent or guardian agreeing to abide by the terms set forth by YCS.
3. For a student to be allowed to participate on any team, he/she must have completed the online baseline testing for SportsBrain Concussion Management. Baseline testing will be conducted each year a student participates in athletics at YCS.

ATHLETICS CODE OF CONDUCT

It is a privilege to represent our school and our Lord participating in interscholastic athletics. We are different at YCS, in that our number one priority is to glorify God in everything we do. This is a tremendous responsibility that our student athletes should recognize at all times.

The YCS Standards of Conduct and Discipline applies to behavior that takes place on or off school grounds. Violations may take place at any time during the student's enrollment at YCS, including the off season as well as the summertime.

The YCS Athletics Code of Conduct will be in effect 24 hours a day, 7 days a week, for 365 days a year. It applies to all athletes, whether in season or out of season, on or off school property including, but not limited to, school sponsored/sanctioned events on or off campus, and private activities or events. Any violation or misconduct shall be subject to the disciplinary measures contained herein, above and beyond those rendered by the appropriate school authority.

Discipline Policy and Procedures

The following sets forth the Athletics Department policy regarding athlete misconduct and corresponding athletics

disciplinary measures:

Individual Team Rules – Each Head Coach will furnish his/her athletes with specific rules and/or regulations that apply to that team. Individual team rules and discipline may go beyond those listed in the Student and Family Handbook and the Athletics Handbook but cannot be of a lesser standard. The Athletics Director must approve these individual team rules.

Enforcement of the Handbook– the Athletics Director is responsible for the overall enforcement of policy as described in the Athletics Handbook. All rules and regulations regarding behavior and/or training as outlined in IHSA guidelines are applicable. Each Head Coach is directly responsible for the enforcement of said policy for their team during the year, in connection with the Athletics Director. All athletes and parents/guardians are required to sign the acknowledgement, consent and disclosure documents stating that they understand the policies and disciplinary measures set forth in the Athletics Handbook.

Procedure – Violations of the Athletics Handbook should be brought to the attention of the appropriate authority. The initial review of the violation will be made by the Administration and communicated to the Athletics Department and coach. The Athletics Director will then meet with the player (and coach) to determine and communicate appropriate disciplinary action.

Prohibited Conduct

Drug or Alcohol Use, Possession, or Distribution

Student athletes are not to (regardless of quantity) use, attempt to use, possess, sell, distribute, or procure any amount of alcohol, drugs, other controlled substances or drug paraphernalia or be under the influence of alcohol, drugs or other controlled substances.

Being in the Presence of Others Using, Possessing or Distributing Drugs or Alcohol

Student athletes who are found to have been voluntarily associating with others who are illegally using, possessing, or distributing drugs, drug paraphernalia or alcohol, and who do not attempt to remove themselves in a reasonable amount of time (constructive possession) are in violation. This regulation applies to

circumstances that take place on or off school grounds and at any time during the student's enrollment at YCS, including the off season as well as the summertime. Constructive possession shall not apply to circumstances where the student athlete is present at places where alcohol is being legally consumed.

Tobacco Use, Possession, or Distribution

Use, possession, or distribution of tobacco or tobacco products and electronic cigarette/vaping devices, is prohibited.

Unlawful or Delinquent Behavior

An unlawful or delinquent act is a violation of any civil or criminal statute, ordinance, regulation or court order (except for minor traffic offenses) including, but not limited to civil rights violations, theft, vandalism, destruction of property, or other misdemeanors and felonies as defined by the State of Illinois. An athlete who pleads guilty, is found guilty, or found to have committed a delinquent act by any court of law, pleads no contest to or dispositions through a settlement and charged with an unlawful act is also subject to sanctions in accordance with the YCS Student and Family Handbook and Athletics Handbook. Notwithstanding the foregoing, the Athletics Director reserves the right to determine whether the athlete committed an unlawful or delinquent act rather than to be bound necessarily by the decision of the courts or others. Incidents involving athletes either directly or as an accomplice will be subject to review by the Athletics Director. The Athletics Director will decide the appropriate penalty for the athlete taking into consideration the seriousness of the offense, any harm or injury to person or property, the remorse of the athlete and any other relevant factors.

Hazing

Hazing in any form is neither tolerated nor consistent with any spiritual, educational, or athletics goal at YCS. Hazing refers to any activity expected of someone joining a student organization that humiliates, degrades, or risks emotional and/or physical harm, regardless of the person's willingness to participate. Hazing activities generally fall under the categories of anything physically abusive, hazardous, and/or sexually violating. The specific behaviors or activities within these categories vary widely among participants, groups, and settings. Typical hazing practices would include personal servitude; sleep deprivation and restrictions on personal hygiene; yelling; swearing and insulting new members/rookies; being forced to wear embarrassing or humiliating attire in public; consumption of vile substances or smearing of such substances on one's skin; brandings; physical beatings; binge drinking and drinking games; sexual simulation and sexual assault.

Any activity that intimidates or threatens the student with ostracism that subjects a student to extreme mental stress, embarrassment, shame, or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school is considered hazing.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or YCS policies or regulations is considered hazing.

Hazing in any form will not be tolerated at YCS and will result in disciplinary actions. There may be other disciplinary consequences as well administered by the Coach, Athletics Department, and/or Principal.

Equipment and Facilities

Just as participating in interscholastic athletics at YCS is a privilege, so too is the use of all athletics facilities and equipment. Great care should be taken to be respectful of all facilities, equipment, and resources that the Lord has provided. Any misconduct or disrespect involving athletics facilities or equipment will be considered a violation.

In order to promote a safe, respectful environment as it relates specifically to the use of locker rooms, it is our policy that a coach must be present in the locker room immediately prior to, during (if appropriate) and after all athletics practices and contests.

Attendance at School

A student athlete must attend school on the days of an athletics practice and contest in order to participate in that practice or contest. Some specific circumstances are as follows:

1. Students who are absent from part of the school day and are granted a non-illness related or school approved activity excused absence (e.g., a dental appointment, college visit, field trip) will be allowed to participate in the practice or contest that day.
2. Student athletes must be at school for at least half of their daily schedule unless it is due to an excused or school approved activity absence. A student athlete may not participate in a particular practice or game if they do not attend the required time.

3. Any unexcused absence from school, regardless of if it is only for a partial day, will render an athlete ineligible to participate in the day's events. This would include in school suspension or skipping class.

ABSENCE FROM PRACTICE

Excused Absence	No action
Unexcused Absence- 1st Offense	Conference with coach and discipline of athlete
Unexcused Absence- 2nd Offense	Suspension from next interscholastic event
Unexcused Absence- 3rd Offense	Dismissal from team

ABSENCE FROM ATHLETICS CONTEST

Excused Absence	No action
Unexcused Absence- 1st offense	Suspension from next two interscholastic events
Unexcused Absence-2nd offense	Dismissal from team (Athlete forfeits all awards)

Handling Problems/Resolving Disputes

All disputes at YCS, including those related to athletics matters, should be handled in a Biblical manner. In particular, YCS encourages application of the "Matthew 18 Principle" when handling a problem/settling a dispute. This principle, in summary form, encourages the offended party to go directly to the one with whom he/she has a problem. (e.g., The student athlete should talk to the coach at an appropriate time prior to parental involvement and prior to going directly to the Athletics Director.)

NOTE: Lack of playing time at the varsity level is not considered a dispute and should not be addressed with the coach. (Please Refer to Playing Time Policy)
If the situation is not resolved, the offended is encouraged to seek a solution by

speaking to the next person in authority. In simple terms, an athlete should approach the coach first. If unresolved, the athlete and parents may approach the coach. If still unresolved the matter may be brought to the Athletics Director. If after presenting the problem to the Athletics Director, the parent or student athlete is not satisfied, they are to follow the grievance procedure in the Student and Family Handbook (See Reconciliation Process). It is absolutely necessary that this chain-of-command be followed specifically. If not, the upper level authorities will direct the offended party to solve the problem at the appropriate level.

No Quit Policy

If a student is fortunate enough to participate on one of the YCS athletics teams, it is important that he/she makes a firm commitment to that team. Therefore, quitting a team after being selected for the team is strongly discouraged. If any student athlete quits a team after being a member of that team, that student athlete is prohibited from participating on another YCS extracurricular team or activity (Drama, etc.) during the same season. Furthermore, it should be clearly understood that the action of any student athlete quitting a team will certainly be among the criteria considered by coaches of subsequent teams on which a student athlete desires participation. Exceptions may occur if both coaches/directors agree it is in the best interest of the student.

Playing Time Policy

While it is true that our coaches and administrative personnel believe it to be important to broaden the experience of YCS athletes, and that broadening is enhanced by playing time, it is also an important goal of the YCS athletics program to strive toward excellence. Therefore, no minimum per game playing time provisions or minimum numbers of athletics meets in which athletes must compete are established at the Middle School, Freshman, Junior Varsity or Varsity level. Playing time decisions are left up to the individual coaches.

Starting a Season Late

A student may start a season late if the reasons are acceptable to the coach and the Athletics Director. If the student is determined to be qualified, he/she may be added to the team. No one may be cut to make room for this student. The student must have a minimum of ten (10) practices including the tryouts before he/she can participate in a contest. If the student athlete is moving from one season to the next within the same school year the team member must practice a minimum of five (5) times. The ten practices are also required when joining a

team late. If a student transfers into YCS once a season has already begun, he/she will be considered as a new student with new opportunities and will be permitted to be considered for a team.

Multiple-Sport Policy

Encouragement - To fully accomplish the mission statement of YCS Athletics we, the coaches and athletics administrators, must encourage all of our student athletes to participate in multiple sports. A multiple sport athlete has more of an opportunity to develop Christian friendships, Christian character, competitive experience, and reap the benefits of cross training than a single sport athlete. If a student athlete approaches a coach or athletics administrator about his/her thoughts on the pros and cons of being a multiple sport athlete, it is our job to carefully give the student athlete an objective evaluation of his/her options. Never should a coach discourage participation in other sports. Coaches should share as much information with the student athlete as possible to help him/her make the best-informed decision he/she can make.

Off-Season Practice Policies - When a student athlete makes a commitment to participate in a team sport, he/she is making a commitment to the team to be at his/her best/peak performance at all times during the season. The student athlete is also facing the challenge of maintaining his/her academics at the highest level possible. Therefore, it is vital that coaches communicate and come to some agreement that is in the best interest of our student athletes. These activities include:

- Open Gyms, Scrimmages, Pick-Up Games
- Conditioning
- Weight Training
- Skills and Drills Practices

Student athletes may choose to participate in non-YCS off-season sports outside the YCS campus. This is permissible, but club, travel, and AAU teams must take a backseat to the athlete's YCS team when it comes to schedule conflicts.

SAFETY

Accidents/Injuries

Coaches are trained in basic first aid, certified in CPR and the use of an AED. In the event of an injury that is potentially serious, the coach will call emergency services and the parent(s) or legal guardian(s). All injuries should be treated with caution and handled with care. The parents will be contacted in the event of significant injuries and are responsible for any decisions made in regard to treatment and rehabilitation. The coach then submits a written accident report to the Athletics Department within 24 hours

Coaches treat any acknowledged condition in the confidential manner with which the information is related by the parent or guardian. If an athlete misses practice on the request of a physician, the athlete should have a note of clearance before returning to practice. Please note that according to IHSA Rules, if an athlete misses more than six consecutive practices/games they must have four practices before they are allowed to compete again. If they miss more than ten, they then must have six practices.

Concussion Management Program

YCS takes the safety of its students seriously and has developed a program to manage student concussions and head injuries during athletics activities. YCS concussion management resources, including consent forms and return-to-learn protocol, are available from the office. If you have questions regarding concussions or YCS's concussion management program, please contact the Athletics Director.

All coaches will undergo regular training for concussion awareness, and record of that training will be kept on file with the Athletics Director.

Bad Weather

Lightning and Severe Storms: The Athletics Director, in consultation with the Coach, will make decisions based on the IHSA guidelines for student athlete safety.

Rain: The Athletics Director, in consultation with the Coach, will make decisions based on the IHSA guidelines for student athlete safety and the playability of the field.

GENERAL INFORMATION

Schedules

The scheduling of all athletics events and practices is determined by the Athletics Director in cooperation with each coach. The coach will issue a schedule to the students and parents as soon as possible in each season. If practice is understood to be every day, there may not be a printed practice schedule issued. Athletics practices may be scheduled on Saturdays, but there will never be any practice on Sunday. On occasion an athletics event may be scheduled on a day or weekend when school is out on vacation. When this is determined to be necessary, the dates will be given out as far ahead as possible and all athletes are expected to be in attendance.

Team Pictures

A professional photographer will take team and individual pictures early in each season. These pictures are purchased by the students and must be prepaid in envelopes provided to the students about a week prior to picture day. Any problems or mistakes with the orders should be reported to the Athletics Department.

School Equipment

1. Students are responsible for all equipment issued to them. Uniforms are supplied for the sole purpose of athletics participation. This equipment is not to be used for any other purpose.
2. When the season is over, all equipment and uniforms are to be returned to the coach who will keep inventory of all items issued to the team. The coach will then submit the end-of-season inventory list to the Athletics Director in a timely manner following the season.
3. The family is responsible for the dollar replacement cost of any lost or damaged school issued equipment or uniforms.
4. Uniform budget will be allocated and reviewed by the Athletics Director according to a rotation schedule.

Team Fundraising Projects

All team fundraising projects must be presented to and approved by the Athletics Director. Forms are available from the Athletics Director. Completed forms must be submitted for approval. Only after the project has been approved is the team allowed to go ahead with the fundraiser.

Extracurricular Conflicts

If a conflict arises involving an athletics contest and an event related to another school activity, the coach and teacher/sponsor will discuss whether accommodations can be made to allow the student to participate in both events. If an agreement is not reached, YCS, the student and parent(s) will decide how best to proceed in the best interest of the student. Teachers and coaches may assign alternative work/tasks in place of the missed event. No additional or punitive penalties may be assessed beyond the loss of benefits (e.g., grades, participation) inherent in the event itself. It is understood that postseason contests/performances will take priority over regular in-season contests/performances.

Scholastic Athletics Offerings

Depending on student enrollment and interest, the interscholastic high school sports to be offered at YCS for the 2026-27 school year are:

FALL	WINTER	SPRING
Girls Volleyball	Boys Basketball	Track & Field
Soccer	Girls Basketball	Baseball
Rodeo (all-season)	Wrestling	Softball
Golf	Sideline Cheer	
Cross Country		

General Athletics Information

The best resource for information is our school website; www.yorkvillechristian.org. Each sport has a dedicated page with links to direct communication from the coach, schedules, required forms, and photos.

Cancellations

It is necessary at times to cancel games and practices at the last minute due to inclement weather. Please do not call the school on these days. If it is a home event that we have scheduled, the Athletics Director will make the cancellation call by 2:30 pm. If it is an away event, the opposing school Athletics Director makes the cancellation call. The cancellation will be announced immediately from the respective school office and students will be allowed to call their parents at that time to make arrangements for pick up. Parents will be notified through email as well.

Social Media

On Yorkville Christian School Facebook page, you can find out information about upcoming athletics events and other athletics department related activities.

Parent Meetings

Parent Pre-Season Meetings – All parents of student athletes are required to attend a pre-season meeting with the coaching staff of that sport. The meeting shall be held before the first contest. Parents will be informed of all rules for their sport as well as the rules of YCS and the IHSA.

Athletics Boosters

The Athletics Boosters is an organization dedicated to the support and welfare of athletics at YCS. Athletics Boosters supports the mission of YCS's athletics and overall school community through volunteer and fundraising efforts. For more information about the Athletics Boosters, as well as other sponsorship opportunities, please contact the Athletics Director.

Version Dated 8/27/26, for most up to date version, check www.yorkvillechristian.com